

Chapter Twenty-eight: Staying Healthy

Teacher Notes

Lesson One: Good Nutrition

- Nutrients-a substance in food that provides energy or helps form body tissues and that is necessary for life and growth.
 - Carbohydrates-a class of energy giving nutrients that includes sugars, starches, and fibers.
 - simple carbohydrates-sugars; give quick energy
 - complex carbohydrates-made of many sugar molecules linked together; give long lasting energy
 - Protein-a molecule that is made up of amino acids and that is needed to build and repair body structures and to regulate processes in the body.
 - examples-poultry, fish, milk, and eggs are amino acids
 - complete proteins-contain all of the essential amino acids
 - incomplete proteins-contain only some of the essential amino acids
 - Fats-an energy storage nutrient that helps the body store some vitamins
 - saturated fats-are found in meat, dairy products, coconut oil, and palm oil; these raise blood cholesterol levels putting you at risk for heart disease
 - unsaturated fats-foods high in fiber that help reduce blood cholesterol levels; come from vegetable oils and fish
 - Water-transport substances, regulates body temperature, and provides lubrication
 - should have at least 8 glasses a day
 - can also get from fresh fruit and vegetables, juices, soups, and milk
 - Minerals-a class of nutrients that are chemical elements that are needed for certain body processes.
 - six minerals needed in large amounts-calcium, chloride, magnesium, phosphorus, potassium, and sodium
 - twelve minerals required in small amounts-fluorine, iodine, iron, and zinc, and others
 - Vitamins-a class of nutrients that contain carbon and that are needed in small amounts to maintain health and allow growth.
- Eating for Good Health
- Reading Food Labels
 - help you make good food choices
- Nutritional Disorders
 - Malnutrition-a disorder or nutrition that results when a person does not consume enough of each of the nutrients that are needed by the human body.
 - can result from eating too many or too few calories or not taking in enough of the right nutrients
 - affects how one looks and how quickly one's body can repair damage and fight illness
 - Anorexia Nervosa and Bulimia Nervosa
 - Anorexia Nervosa-an eating disorder characterized by self-starvation and an intense fear of gaining weight.

- Bulimia Nervosa-a disorder characterized by binge eating followed by induced vomiting
 - may use laxatives or diuretics to rid their bodies of food and water
 - can damage teeth and digestive system and also kidney and heart failure
 - both cause anorexia and bulimia can cause weak bones, low blood pressure, and heart problems; they can cause death
- Obesity-having an extremely high percentage of body fat
 - may not be eating a variety of food
 - having an inactive lifestyle
 - increases the risk of high blood pressure, heart disease, and diabetes

Lesson Two: Risks of Alcohol and Other Drugs

- What is a Drug
 - Drug-any substance that causes a change in a person's physical or psychological state.
 - Analgesics-relieve pain
 - Antibiotics-fight bacterial infections
 - Antihistamines-control cold and allergies
 - Stimulants-speed up the central nervous system
 - Depressants-slow down the central nervous system
- Dependence and Addiction
 - Tolerance-larger and larger doses of the drug are needed to get the same effect
 - Physical Dependence-need for a drug
 - physical symptoms include nausea, vomiting, pain, and tremors
 - Addiction-a physical or psychological dependence on a substance, such as alcohol or drugs
 - Psychological Dependence-powerful craving for the drug
- Types of Drugs
 - Herbal Medicines
 - some have healing properties
 - should be used carefully
 - FDA doesn't regulate herbal medicines or teas and can't guarantee their safety
 - Over-the-Counter and Prescription Drugs
 - Over-the-counter can be bought without a prescription
 - Prescription-can only be purchased with a doctor's order and direction for administration
 - Side-effects-uncomfortable symptoms such as nausea, headaches, drowsiness, or more serious problems
 - Tobacco
 - Nicotine-a toxic, chemical that is found in tobacco and that is one of the major contributors to the harmful effects of smoking.
 - smoking increases chances of lung cancer, emphysema, chronic bronchitis, and heart disease; can cause health problems
 - smokeless tobacco is addictive and can cause health problems

-increases risk of mouth and throat cancer, causes gum disease, and yellowing of the teeth

-Alcohol

- illegal for most people in the US under the age of 21
- slows down the central nervous system and can cause memory loss
- can damage liver, pancreas, brain, nerves, and cardiovascular system
- causes many deaths including suicides, murders, and accidental death
- Alcoholism-a disorder in which a person repeatedly drinks alcoholic beverages in an amount that interferes with the person's health and activities.

-Marijuana

- illegal drug that comes from the Indian hemp plant
- may increase anxiety or cause feelings of paranoia
- slows reaction time, impairs thinking, cause loss of coordination

-Cocaine

- made of coca plant
- illegal and highly addictive
- become addicted in a short time
- can produce feelings of intense excitement followed by anxiety and depression, increase heart rate and blood pressure, and cause heart attacks

-Narcotics and Designer Drugs

- Narcotic-a drug that is derived from opium and that relieves pain and induces sleep.
 - used to treat pain
 - are illegal unless prescribed by doctor
 - some are never legal
 - heroin
- inhalants, barbiturates, amphetamines, and designer drugs
 - designer drugs-are made by making small changes to existing drugs
 - example-Ecstasy or X

-Hallucinogens

- distort the senses and cause mood changes
- see and hear things that are not real
- examples-LSD, PCP, sniffing glue, or solvents

-Drug Abuse

- taking a drug to prevent or improve a medical condition
- drug abuser
 - doesn't take drug to relieve a medical condition
 - take drugs for temporary good feelings the produce, to escape from problems, or to belong to a group
 - drug is often obtained illegally and is often taken without knowledge of the drug's dangers

-How Drug Abuse Starts

- a person starts by using gateway drugs and progresses on to more dangerous drugs

- peer pressure or to be part of group
- misinformation
- Getting Off Drugs
 - step one-admit to problem
 - step two-get proper treatment
 - withdrawal can be very painful

Lesson Three

- Taking Care of Your Body
 - Hygiene-the science of health and ways to preserve health.
 - Good Posture
 - helps you look and feel better
 - bad posture strains muscles and ligaments and makes breathing difficult
 - Exercise
 - Aerobic Exercise-physical exercise intended to increase the activity of the heart and lungs to promote the body's use of oxygen.
 - increases heart rate
 - more oxygen is taken in and distributed throughout the body
 - strengthens lungs, heart, and bones
 - burns calories, conserve nutrients, and aids digestion
 - Sleep
 - teenagers need more sleep than younger children
- Coping with Stress
 - Stress-a physical or mental response to pressure.
 - some is normal
 - Dealing with Stress
 - Share problems
 - Make a list of things you would like to get done (ranking in order)
 - Exercise regularly
 - Get enough sleep
 - Pet a friendly animal
 - Spend time alone, practice deep breathing or other relaxation
- Injury Prevention
 - Safety Outdoors
 - dress appropriately
 - never hike or camp alone
 - tell someone where you will be and when you will return
 - drink only purified water
 - learn how to swim
 - never dive in shallow water
 - wear a life jacket in a boat
 - Safety at Home
 - Bathroom-appliances out of water, nonslip mats, night light
 - Kitchen-clean up spills, don't allow pot handles to hang over the edge of stove, use a stool to reach high shelves, keep grease and drippings away from flames

- Entrance and Stairs-use railing, don't leave objects on stairs
- Living Room-keep electrical cords out of walkways, don't plug too many things in outlets
- install and check smoke detectors on every floor
- Safety on the Road
 - wear seatbelt, never ride with someone who has been drinking
- Safety in Class
 - follow teacher's instructions, wear safety equipment
- When Accidents Happen
 - Call for Help
 - check for other dangers and call for medical help immediately
 - most communities dial 911; speak slowly and clearly
 - give complete address and description
 - describe the accident, number of people hurt, and types of injuries
 - ask what to do, listen carefully
 - Learn First Aid
 - take a first aid or CPR class